

THE STENELLE BREWER GUIDE

to a

Joyful Journey



Hi! I'm Stenelle Brewer. I am a certified Whole-Life Health Coach, Bio-Energy Analysis Technician, and Wolfe Non-Surgical Deep Tissue Practitioner with 20 years of experience in the health arena. It's my passion to help Christian women in their midlife regain their mental, physical, and spiritual health so they can fulfill their ambition and serve God energetically well into retirement.

I know from my own mental, physical, and spiritual health journey that getting healthy can feel impossible and overwhelming. That's why I created this guide with a handful of small-but-mighty habits you can form to begin your transformation to feeling light, happy, and free.

8 Simple Steps to Transform Your Health:

1 Create a Joyful Morning Routine

What would bring you joy when you wake up in the morning? Journaling? Reading your Bible? Taking a walk? Having a cup of tea on your front porch? Spend some time in prayer? Take the time to discover what would make you happy in the morning. Do this each morning to cultivate ease, gratitude, and enjoyment to set up a productive rest of your day.

2 Breathe Deeply

Whether you feel anxious or not, breathing deeply a few times a day is great for you! Breathing deeply gives oxygen to our brains and every cell in our body. Though there are many breathing exercises out there, your baby step is to breathe in so your belly expands, hold for a moment, and then slowly release the breath. Repeat this a few times a day.

3 Hydrate!

So often, we don't drink enough fluids, which can lead to many health issues ranging from tiredness and headaches to much worse. Invest in a water bottle that has measurements on it to remind you how much to drink. Your baby step is to drink a little more until you're consistently drinking that amount each day, then add more. Keep going until you're up to 3 quarts each day.

4 Eat Clean

Changing your diet and eating habits can feel so difficult and even impossible! But you shouldn't change your whole diet at once anyway--it won't stick. Instead, try replacing the salt in your cooking with Himalayan salt, or your sugar with unrefined sugar. Keep the butter on your rolls, but swap it for grass-fed butter like Kerry Gold. Add a tasty vegetable you genuinely like to dinner. These are small, incremental lifestyle changes, not diets.

5 Move Your Body

Moving the body a little is better than not at all. A little exercising on a consistent basis each day can go a long way. Can you do one bicep curl with a 5-pound dumbbell? Can you put on a song you love and dance to it? Can you park a little farther from the store to increase your steps? What fun activity could get you up and moving a little more each day? Keep your goals small at the beginning, allow yourself to have fun, and watch your motivation rise.

6 Stretch Your Body

Stretching is just as important as exercise, and it feels great! Very simple yoga poses--even the kind where you lay on your back on the ground--can feel wonderful. There are many benefits to stretching, like better circulation, balance, and posture, increased flexibility, decreasing lower back pain, and keeping your muscles limber, flexible, and strong. Spending just a little bit of time each day stretching can go a long way.

7 Form Good Sleep Habits

Sleep is an important medicine, and lack of sleep creates a whole host of diseases. It's important to stay consistent with your sleep and wake schedule. This way, your hormones will follow a similar pattern each day, which will make your sleep patterns more consistent and restorative. To begin, head to bed at the same time each night, and limit your screen-time before bed.

8 Joyful Attitude

Being joyful is not the same thing as being happy. A joyful attitude helps eliminate stress, turn down rushes of cortisol, and even reduces scar tissue. When you look for the blessings instead of the hardship, you are bound to find more blessings. It's how the brain works. And when you are filled with joy, it's much easier to spread joy to others.

Building Habits & Seeking Guidance

I want you to be inspired to be the best you can be, and I hope you've found these tips helpful. I always tell my clients to just focus on building one habit--taking one, small baby step--at a time. When you've mastered that baby step, and it feels like it's a part of you, add another.

I have a lifetime of experience of transforming my health. Years ago, my life was a battle: an abusive marriage, drug addiction, debilitating depression, and constant physical pain. Today, I am transformed: healthy, happy, and healed. I've made it my life's mission to use what I've learned to help others improve their health one simple, doable action, one day at a time.

If you find yourself wanting to learn more of these holistic health tips or how to improve your health with ease and grace, it would be my honor to help you transform.



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